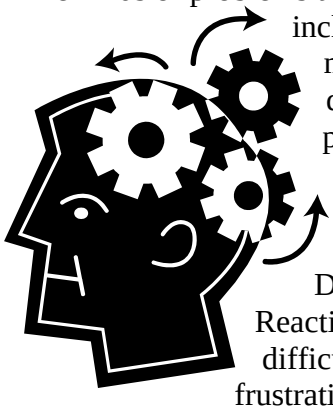
Neurofeedback

The clinical staff is always searching for evidence based targeted interventions that may assist youth as they engage in the change process. At the Mill Creek Youth Center, Mark Spalding, Licensed Clinical Social Worker, is conducting a pilot program providing Neurofeedback training to select youth.

Neurofeedback training is a type of biofeedback that uses computer sensors attached to the head to monitor the electrical activity of the brain and provide immediate feedback regarding any changes in the brain and body. The youth learns to train the brain through the systematic provision of positive and negative feedback. This improves the link between the brain, feelings, and behavior. Basically, neurofeedback develops neural pathways through systematic practice. As a result, the youth is better able to manage his or her behavior and emotions. The goals of neurofeedback training are to improve self-awareness skills, increase the brain's ability to organize itself, and allow the brain to interrupt negative patterns and exercise underdeveloped neural pathways.

The kinds of problems that have historically been addressed by neurofeedback training include anxiety, depression, attention deficit hyperactivity disorder, memory difficulties, general cognitive functioning, learning disabilities, head injury, obsessive compulsive disorder, chronic pains, epilepsy, immune system disturbances, panic attacks, and sleep disturbances.



Mark is using neurofeedback for youth diagnosed with Anxiety, Depression, Attention Deficit Hyperactivity Disorder, and Reactive Attachment Disorder. These youth typically experience difficulties coping with symptoms of depression, anxiety, low frustration tolerance, restlessness, difficulty with focus and concentration, managing stress, and experiencing abandonment/attachment issues. To date, many youth indicate that they are experiencing significant reductions in the symptoms associated with depression and anxiety. Youth are demonstrating improved emotional regulation, distress tolerance, and concentration skills resulting in improved overall functioning abilities over the course of treatment.